We claim:

1. A composition comprising:
   a. creatine;
   b. a phosphorus supplement, wherein the phosphorus supplement provides at least 75% of the recommended daily dose of phosphorus value per serving;
   c. a blood buffer.

2. The composition according to claim 1, wherein the weight ratio of phosphorus to creatine is about 1:25 to about 10:1.

3. The composition according to claim 1, wherein the weight ratio of phosphorus to creatine is about 1:10 to about 1: 1, preferably about 1:6 to about 1:4.

4. The composition according to claim 1, wherein the phosphorus supplement comprises an inorganic salt comprising phosphorus.

5. The composition according to claim 1, wherein the creatine is a creatine salt.

6. The composition according to claim 5, wherein the creatine is a highly hydrosoluble creatine salt.

7. The composition according to claim 5, wherein the creatine is an organic creatine salt.

8. The composition according to claim 7, wherein the creatine salt has a solubility above about 6 grams per 100 ml water.

9. The composition according to claim 7, wherein the creatine salt comprises an anionic component selected from the group of tartrate, maleate, malate, fumarate, citrate, and pyruvate.

10. The composition according to claim 1, wherein the blood buffer is selected from the group consisting of carbonate, bicarbonate, citrate and citric acid.

11. The composition according to claim 1, further comprising a Krebs cycle intermediate or precursor thereof.

12. The composition according to claim 11, wherein the anionic component of the creatine salt is a precursor of a Krebs cycle intermediate.

13. The composition according to claim 1, further comprising carbohydrate.

14. The composition according to claim 1, comprising 1-10 gram creatine, preferably provided by creatine citrate, 0.6 – 5 gram phosphorus, preferably provided by phosphate, 0.1 – 15 gram buffer, preferably a combination of carbonate and/or bicarbonate and citrate, and 1-100 g of digestible carbohydrates.

15. The composition according to claim 1, further comprising an effervescent.

16. The composition according to claim 1, further comprising a pentose, preferably ribose.

17. The composition according to claim 1, further comprising a sodium salt, preferably sodium phosphate.

18. A method for increasing the energy capacity within tissue cells comprising administrating to a subject a composition comprising creatine, a phosphorus supplement, wherein the phosphorus supplement provides at least 75% of the daily dose value per serving, and a blood buffer.

19. A method for increasing the anaerobic working capacity comprising, administrating to a subject a composition comprising creatine, a phosphorus supplement, wherein the

phosphorus supplement provides at least 75% of the daily dose value per serving, and a blood buffer.

20. A method for increasing the anaerobic working capacity wherein a subject is subjected to a building phase and subsequently to a maintenance phase, wherein said building phase comprises intake of a composition comprising creatine, a phosphorus supplement, wherein the phosphorus supplement provides at least 75% of the daily dose value per serving, and a blood buffer, and said maintenance phase comprises intake of said composition, wherein the intake quantity of the composition during maintenance phase is reduced by at least a factor 1.5.

21. A method according to claim 18, wherein the subject is human.

22. A method according to claim 21, wherein the subject is male.